



Key Words Used in Practice:

- **Dan Tien (Tan Tien)**=Upper, middle and Lower focal energy centers of the body
- **Bai hui**= Top of the Head
- **Ren Mei**= Center/front channel
- **Du Mei**= Back/Back channel
- **Ming men**=Lower back/kidney/sacrum
- **Hui yin**=Perineum
- **Lao gong**= major points in center of hand that move energy; pericardium point
- **Governing Vessel**=A part of the Great central channel, and runs from the lower abdomen up the back to the top of the head. It is part of the microcosmic orbit.
- **Conception Vessel**=A part of the Great central channel, running from the top of the head down to the lower abdomen
- **Central Dan Tien (channel)**= Intersects all three dan tien's, consciousness (upper), heart/compassion (middle), and vitality (lower).

